

National Nutrition Month® 2006

Step Up to Nutrition & Health

Key Messages

The National Nutrition Month® 2006 key messages are based on the *Dietary Guidelines for Americans, 2005* recommendations. More information about the Dietary Guidelines and the MyPyramid food guidance system is available online at www.healthierus.gov/dietaryguidelines and www.mypyramid.gov.

- The food and physical activity choices made today – and everyday – affect your health and how you feel today and in the future. Eating right and being physically active are keys to a healthy lifestyle.
- Make smart choices from every food group. Give your body the balanced nutrition it needs by eating a variety of nutrient-packed foods every day. Just be sure to stay within your daily calorie needs.
- Get the most nutrition out of your calories. Choose the most nutritionally rich foods you can from each food group each day – those packed with vitamins, minerals, fiber and other nutrients but lower in calories.
- Find your balance between food and physical activity. Regular physical activity is important for your overall health and fitness plus it helps control body weight, promotes a feeling of well-being and reduces the risk of chronic diseases.

- Play it safe with foods. Prepare, handle and store food properly to keep you and your family safe.